



Winnibell Best Start Family Hub Summer Timetable

Monday 27th July - Friday 4th September 2026

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Postcode: SR1 2HS - Telephone: 0191 561 2850



Monday	Tuesday	Wednesday	Thursday	Friday
Story Time with fun activities (0 - 3 years) 10 - 11am Drop in Baby Sign (From 6month) 1.30 - 2.15pm Exc 10th August	Stay & Play (0 - 5 years) 10 - 11.30am Exc 4th August Oral Health Advice 11th & 18th August 10am - 12pm Career Hub (15 - 18 years) Support with CVs, training, college/apprenticeships. Parent/carers consent required 4 - 6pm Baby Sensory/Messy (Crawlers - pre walkers) 1.30 - 2.15pm Growing Healthy - Drop in 1 - 2.30pm	Play Space - Drop in (0 - 5 years) 9 - 10.30 am Toy Library 9.30 - 11.30am Wellbeing for Pregnancy 5th & 12th August 10 - 11am Winnibell Summer Fayre 26th August 10am - 12pm Buggy Walk 10.30 - 11.30am Exc 29th July, 12th & 26th August Summer Fest Mowbray Park 29th July 12 - 4pm Stay & Play Young Lads & Dads - Drop in (0 - 5 years) 11am - 12pm Breastfeeding Support 1 - 3 pm The Wise Group 1 - 3pm Exc 1st Sept Baby Sensory/Messy (0- pre crawlers) 1.30 - 2.15pm Exc 29th July & 26th Aug	Time for Rhyme (0 - crawlers) 9.30 - 10.15am Gentoo Drop In 30th July 10am - 12pm Move to Rhyme (crawlers - pre walkers) 11 - 11.45am Busy Bodies (walkers - 5 years) 1.15 - 2pm Review & Development Clinic 10am - 12noon Introduction to Solid Foods 20th August 1 - 2.30pm To book please call 0300 0031552 Antenatal Programme 3.45pm - 5.45pm To book please call 0300 0031552	Play Space - Drop in (0-5 years) 9 - 10.30am Play Matters 5 week Programme Starts 24th July 10.30am - 12pm (for 5 weeks) Gro Brain - Bookable (Pregnant or with babies 0 - 12 months) 9.30 - 11.30am Baby Massage (Starts 31st July for 5 weeks exc 14th August) 1 - 2pm - Bookable Stop Smoking Support Drop In 2 4pm Tobacco Dependency Treatment Service (Appointment only) 9am - 4pm

Social media

Please check www.linksforlifesunderland.co.uk/familyhubs
Follow Sunderland Family Hubs on Facebook and Instagram.



Saturdays @ Rainbow Family Hub:

- Stay & Play 10 - 11am - Every week
- Dad's and Little'uns - 1st August- 10 - 11.30am